



REVOLUTION YOGA is Long Island's newest and most comprehensive yoga studio. Here we believe Yoga is a Revolution of the Mind and a Revolution of the Body. We nourish both in our space, creating an atmosphere of openness to all peoples' practices, beliefs, experiences and places in life.

We open the Mind with Yoga Philosophy, Meditation, and exploration of the Arts through Mixed Media Design Shows, Film, Literature, and Musical performances. We open the Body with a comprehensive offering of different types of yoga for any point in the human life: From womb, through infancy, childhood, teenage years, motherhood/fatherhood, adult years.

REVOLUTION YOGA has two practice spaces and a Green Boutique, a Kids/Family studio, and massage/holistic treatment room.

As a Yoga Alliance Registered School we run Teacher Trainings, and offer Apprenticeship Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:30 am OPEN/2 TARA	9:30am OPEN TARA 4:30 Move + Meditate VANESSA	9:30 am OPEN AMANDA 11 am FLIGHT CLUB NIKKI	9:30am Level 1 LISA 4:30 OPEN SALLY	9:30 am OPEN AMANDA 5pm Open Level Donation based ROTATING TEACHERS	8am OPEN/2 BEC 8am Postnatal ALLIE 9:15am Gentle Flow (prenatal safe) BEC	8am Intermediate BEC 9:30am Yoga Foundation ROTATING TEACHERS 11am Move+ Meditate VANESSA	Drop in: \$20 Student/Senior: \$12 Monthly Unlimited: \$150 (auto-renew) 3-Month Unlimited: \$440 10 Class package: \$170 (used in 3 Months) Mommy+Me, Postnatal: D: \$25, 5 Class: \$100 Prenatal: 6 Class: \$119 (prorate avail.) Check Web for Massage, Ayurveda, Reiki, Acupuncture, Holistic Nutrition-
6pm Level 1 LISA	4:30pm Kids 6-10 ASHLEY 6pm Restorative / Yoga Nidra EVA	4:45pm Teens CALI 6pm Yoga Newbies AMANDA 7:15pm Prenatal JENNA	4:30pm Kids 3-5 AMANDA 6pm Restorative/ Yoga Nidra EVA	6pm Mommy+Me walking - 5 AMANDA 6:45pm Weekend Wind-Down EVA	10:30am OPEN LISA 4:30 pm FLIGHT CLUB BEC	Belly dancing + Special Workshop (Once a month) 200 hr Teacher Training	
8pm Move+ Meditate VANESSA	7:30pm OPEN BEC	7:30pm OPEN AMANDA	7:30pm Intermediate BEC		AVAILABLE FOR KIDS PARTIES 12-5pm in studio or other loc.		Pre-Register for: Mommy and Me, Prenatal, Post- Natal+Baby, KIDS, Master Class, Beach Yoga, Workshops
							ONLY \$40 FOR 1 MONTH UNLIMITED YOGA (for first time students only)

CLASS DESCRIPTIONS:

OPEN LEVEL: An open level vinyasa flow class. All practitioners will gain flexibility, strength, and relaxation.

LEVEL 1: A basic flowing class that covers the basic postures.

KIDS YOGA: A super fun class where kids get to go on adventures, exploring the postures and concepts in an exciting and fun way! We play games + make friends!

YOGA NEWBIES: Yoga for people who have never done yoga before! A place for newbies to explore the basics in

a supportive environment. Classes are small and we'll move slowly to make sure you understand everything well. A great segway into bigger group classes and good for all practitioners who want to further explore their alignment.

MASTER CLASS: Study with a master teacher - advanced postures and philosophy of yoga. (specialty \$25 drop-in)

MOVE + MEDITATE: A Physical practice to prepare your body to sit. Meditation, Yoga Nidra (yogic sleep/deep relaxation) a great way to start your week. Deeply healing and restorative.

RESTORATIVE/YOGA NIDRA: Postures are supported on the floor with props as teacher helps you to deeply relax. Great for PMS, colds, and for deep relaxation and healing. Boost immune function and decrease stress related illness

MOMMY AND ME: Help baby sleep longer, digest better, avoid colic, and learn secrets to making baby instantly happy! Kids love it, moms and dads love it! (Daddies welcome too!)

PRE-NATAL: Nourish your self and your baby to be. Learn poses and breathing techniques that will help you throughout your pregnancy and birth.

BHAKTI LOVE TRIBE: -Kirtan: A form of active meditation- singing mantra w/ Harmonium -Reading: We will read aloud from a Love Inspiring Yogic Text of the teacher's choice -Group Meditation: Learn simple meditation techniques and benefit from soaking up the vibes from your fellow meditators.